

# Join Washington Hospital and the City of Fremont to Celebrate Earth Day—April 23

**W**ashington Hospital and the City of Fremont agree:

A healthy community needs a cleaner, greener, healthier environment and everyone can make a difference in helping to clean up our world.

For the sixth year in a row, the two organizations are partnering to present “Let’s Go Green Together!” a free, community-wide Earth Day celebration on Saturday, April 23, from 11 a.m. to 3 p.m. The event will be held in the Conrad E. Anderson, MD, Auditorium and the parking lot of the Washington West building next to Washington Hospital.

“Our Hospital is dedicated to ‘planet friendly health care’ and we are delighted to be working with the City of Fremont again this year to present a fun and informative event for all,” said Paul Kelley, director of biomedical engineering and green initiatives at Washington Hospital. “When you come on April 23, you’ll have a chance to meet with experts on eco-friendly issues and learn about more ways to go green.”

At the event, you can contribute to a cleaner environment through these free drop-off opportunities:

- Syringes and needles drop-off (in approved containers)
- Confidential document shredding (household documents only, no businesses please)
- Unused, unwanted medication disposal
- Eyeglass donations

You can also exchange your old mercury thermometer for an



Let’s Go Green Together is a free Earth Day celebration taking place on Saturday, April 23, from 11 a.m. to 3 p.m. The event is held at Washington West, 2500 Mowry Ave., Fremont.

environmentally safe electronic version. Or, turn in your old torchiere lamp through an exchange program sponsored by PG&E. (To qualify, show your PG&E bill—two lamps per household.)

- You’ll also learn about:
- Recycling and waste reduction
  - How to save energy at home
  - Eco-friendly gardening and composting
  - Local sustainability programs
  - Healthy eating and healthy produce

- Kids will enjoy:
- Bike Rodeo and free bike tune-ups (for kids and adults)
  - “Eco-tainment” including a

- juggler and stilt walker
- Bee exhibit
- Face painting, Earth Day art, and many other free games and activities

New this year will be a free valet bike parking and an exploratorium with environment-related experiments and demonstrations for children.

Washington Hospital’s booth will offer facts about healthy eating, with free food samples. You can learn how to calculate your carbon footprint or play “eco-Jeopardy.” Information highlighting the environmentally friendly aspects of the Hospital’s new construction projects will also be available.

“Let’s Go Green Together!” is also being sponsored by Centripedal Bikes, the Union Sanitary District and Recall information management.

**Last year’s success**

“In 2015, we had 49 exhibitors and about 500 people attended our Earth Day celebration. We hope to top that in 2016,” added Kelley. “The amount we collect for reuse and recycling grows every year and this helps shrink the waste stream.”

- Collections from the 2015 Earth Day event included:
- 2,240 lbs. of confidential papers for shredding
  - Two 50-gallon containers of used syringes and needles (sharps)

- 150 lbs. of unused or unwanted medication
- 36 mercury thermometers (exchanged for electronic thermometers)
- 20 torchier lamps exchanged by PG&E
- One dozen pairs of eyeglasses (collected by the Lions Club)
- Also, about 750 native and rare fruit trees were given to fair attendees for replanting.

**‘Planet Friendly Healthcare’**

Since 2009, Washington Hospital has had an active environmental program supported by the Washington Township Health Care District Board of Directors and Hospital administration. Its Green Team made up of representatives from nearly every Hospital department is the driving force behind the Earth Day celebration and many other ongoing eco-friendly activities throughout the year.

For the last five years, the Hospital has received the “Partner for Change” award from Practice Greenhealth, a national leader in empowering health care organizations to increase efficiencies and environmental stewardship. The award honors outstanding environmental achievements in the health care field.

**Learn more.**

To find out more about the “Let’s Go Green Together!” Earth Day event, go to [www.fremont.gov/earthday](http://www.fremont.gov/earthday). For more about Washington Hospital’s Green Team, visit the Hospital’s website at [www.whhs.com/green](http://www.whhs.com/green).

## Ask the Doctor

*This is an ongoing column in which community physicians answer your health-related questions. Questions should be emailed to Ask the Doctor at: [askthedoctor@whhs.com](mailto:askthedoctor@whhs.com)*

**Dear Doctor,**  
**Is a concussion a brain bruise?**

Dear Reader,  
No, a concussion is currently classified as a mild traumatic brain injury or MTBI. By definition, an MRI or CT scan of the brain will not detect any injury. This is because an MTBI, or concussion, is not a brain bruise but actually a stretching of the brain axons. The chemical imbalances released due to this injury result in the slowing of nerve functions and some of the corresponding symptoms include headaches, sensitivity to light, nausea or motion sickness, and feeling tired or foggy. If there has been severe trauma, sometimes a CT scan is ordered to look for a skull fracture or bleeding inside the brain.

**Dear Doctor,**  
**Can whiplash from a car accident cause a concussion?**

Dear Reader,  
Yes, up to 80 percent of car accidents are now believed to involve concussions. This is because a concussion can occur without blunt head trauma. The brain is oblong shaped, weighs about 15 lbs., and stretches because it is tethered to the spinal cord at the base of the neck. The tethering creates a whipping effect of the brain leading to the stretching of brain axons resulting in chemical changes, which cause concussion symptoms.

**Stephen Zonner, DO**



Dr. Steven Zonner is board certified by the American Osteopathic Board of Family Practice and has over 30 years of experience in the fields of primary care, occupational and Sports Medicine. Dr. Zonner completed the majority of his medical training in Chicago starting with his Doctor of Osteopathic Medicine degree (DO) from the Chicago College of Osteopathic Medicine. After finishing his Family Medicine internship

and residency at Botsford General Hospital in Michigan, he returned to Chicago to complete his primary care Sports Medicine fellowship at Rush-Presbyterian-St. Luke’s Medical Center. In 1990, he went on to become the head team physician for Arizona State University and has been invited to work at the US Olympic Training Center in Colorado Springs. He has been treating people of all ages and athletic abilities in the San Francisco Bay Area since 2004. Dr. Zonner is also fluent in Spanish.

WASHINGTON HOSPITAL AND CITY OF FREMONT PRESENT

# Let’s GO GREEN Together!

Join us as we celebrate Earth Day!  
Meet with eco-friendly experts and learn new ways to go green!

**Saturday, April 23, 2016 • 11 a.m. to 3 p.m.**  
Conrad E. Anderson, MD, Auditorium, 2500 Mowry Ave. (Washington West) in Fremont

**FREE residential drop-off:**

- > Syringes and needles (in approved containers)
- > Confidential document shredding
- > Disposal of unused, unwanted medications
- > Donate eyeglasses

**Learn more about:**

- > Recycling and waste reduction
- > Saving energy at home
- > Eco-friendly gardening and composting
- > Local sustainability programs
- > Healthy eating/healthy produce

- > Torchiere lamp exchange (must bring PG&E bill to qualify, two lamps per household)

- > Mercury thermometer exchange
- > Food trucks

- > Free bike tune-ups
- > Free bicycle valet parking

**Fun for the kids!**

**Kids activities:**

- > Bike Rodeo
- > Eco-tainment
- > Face painting
- > Earth Day art
- > Other free games and activities

**Event Sponsors**

**Special Thanks To**

Learn more at [www.whhs.com/green](http://www.whhs.com/green)